

## **Seven Reasons We Don't Lose Weight**

### **1. Skipping Breakfast**

We all know the deal: breakfast is the most important meal of the day. Still, many of us skip it thinking that it will help us shed pounds. In fact, this bad habit actually packs on the pudge. Research shows that those who eat breakfast had significantly lower BMIs (body mass indices) than those who skipped breakfast.

### **2. Eating at Your Desk**

Everyone is time-crunched, so it makes sense these days to eat when and where we can - in the car, at our desks and in front of the TV. Unfortunately, when we tune into work or to our favorite show, we generally tune out healthy eating habits and don't pay attention to internal cues that tell us we're full and we overeat. Make time for meals as often as you can.

### **3. Cleaning Your Plate**

Calories add up. So, no matter what you eat you'll gain weight if you're taking in more calories than you're burning off. Beverages and snack foods are common culprits for including multiple servings in what looks to be a single-serving size container.

### **4. Forgetting Fitness**

Many dieters think that just cutting back on calories will lead to lifelong weight loss. This works initially, but only for a while and often leads to yo-yo dieting. Studies show that most people who successfully lose weight and keep it off long-term do so by both cutting calories and adding regular exercise to their lives.

### **5. Late-night Monster**

This is by far one of the most common ways people sabotage their weight loss goals. They've been good all day and had a reasonable dinner. Then they plant themselves in front of the TV, where the munchie monster calls and they head for the chips or ice cream. Other folks are plagued by late-night eating due to long hours at the office. If this is your case, make sure to keep healthy snacks on hand so that you can make a smart choice about what to eat when you finally get home.

### **6. Fat Phobia**

If you shy away from fat of any kind and live in the land of fat-free food, you're not getting the bargain you hoped for. In addition to making food taste wonderful, fat also helps us feel satisfied. Cut it out of your diet and you'll feel the need to stock up on fat-free, but calorie-full foods, like cookies and pretzels. You're better off keeping your fat intake to about 30% of your total calories and enjoying small portions of your favorite foods once in a while.

### **7. The Bar Scene (for when you're OLDER!)**

Alcohol, no matter what form it comes in - beer, wine or spirits - packs on the calories mercilessly. Not only does alcohol contribute 7 calories per gram, it also has the effect of making you eat more during a meal. If you're at a bar or a party, space each drink you have with a glass of water and avoid super-sugary and calorie-packed tropical and frozen drinks. Also, don't head out for a night on the town without eating something first. Otherwise, you'll fill up on nutrient-free alcohol and really hate yourself in the morning.